Table 70: Percentage of California Children who Reported Engaging in Any Physical Activity and Average Minutes Reported Yesterday (N=651)

Did you do any physical activities yesterday, on [DAY]?

Tatal	Reported Any Physical Activities Yesterday, Percent 93.0	Minutes of Physical Activity Reported Yesterday, Mean 80.5
Total Gender	93.0	80.5
Male	92.9	83.7
Female	93.1	77.1
Age	55.1	//.2
6-8	94.9 *	88.8 ***
9-11	90.7	70.4
Ethnicity		
White	90.4	104.4 ** a
Black	93.1	92.8 ab
Hispanic	93.5	73.4 b
Asian/Other	91.2	94.4 ab
Parent Education		
Less than High School	92.8	69.9 *** a
High School Graduate	95.6	89.5 b
Some College/Graduate	91.9	91.2 b
Overweight Status		
Not Overweight	94.4	79.4
Overweight/Obese	92.9	89.0
Fruits and Vegetables		
Met MyPlate (2½-5 cups)	96.2	96.3 *
Below Guideline	92.5	78.1
School Breakfast		
Yes	94.8	73.6
No	92.4	82.6
School Lunch		
Yes	95.6 *	78.2
No	91.0	82.2
Fast Food		
Yes	95.7	104.8 ***
No	92.6	77.0
Nutrition Lesson		
Yes	95.5	79.8
No	92.2	84.2

Based on the *Dietary Guidelines for Americans, 2010* and the *2008 Physical Activity Guidelines for Americans*: Children should do 60 minutes or more of physical activity each day.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Categories sharing a common superscript (a,b,c) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

ANOVA

Chi Square Test

Boxes that are all gray indicate that the chi-square test is not valid due to a high percentage of cells with expected counts less than 5.

^{*} p<.05

^{**} p<.01

^{***} p<.001

Table 71: Range of Physical Activity Minutes Reported by California Children Yesterday (N=651)

What physical activities did you do yesterday?
How long did you spend doing [ACTIVITY] yesterday?

Company	Minutes of Moderate and Vigo	
Total 17.7 26.8 55.5 Gender Male 16.0 27.6 56.4 Female 19.6 26.0 54.5 Age 19.6 26.0 54.5 6-8 19.1 22.0 60.3 9-11 21.7 28.6 49.6 Ethnicity White 21.6 18.5 59.9 Black 17.9 22.0 60.0 Hispanic 17.3 29.5 53.2 Asian/Other 13.2 18.9 68.0 Parent Education Less than High School 17.8 32.6 49.6 High School Graduate 16.4 26.5 57.1 Some College/Graduate 16.4 26.5 57.1 No Overweight Status 17.6 29.6 52.8 Overweight/Obese 15.4 21.6 63.0 Fruits and Vegetables Met MyPlate (2½-5 cups) 8.8 26.8 64.4 Below Guideline	Physical Activity, Percent	
Gender Male 16.0 27.6 56.4 Female 19.6 26.0 54.5 Age 14.4 25.3 60.3 9-11 21.7 28.6 49.6 Ethnicity White 21.6 18.5 59.9 Black 17.9 22.0 60.0 Hispanic 17.3 29.5 53.2 Asian/Other 13.2 18.9 68.0 Parent Education Less than High School 17.8 32.6 49.6 High School Graduate 16.4 26.5 57.1 Some College/Graduate 17.8 32.6 49.6 Overweight Status 18.3 18.5 63.2 No Overweight/Obese 17.6 29.6 52.8 Truits and Vegetables 17.6 29.6 52.8 Met MyPlate (2½-5 cups) 8.8 26.8 64.4 Below Guideline 19.0 26.8 54.2 School Breakfast Yes 18.2 27.0 54.8 No 17.4		
Male 16.0 27.6 56.4 Female 19.6 26.0 54.5 Age 6-8 9-11 21.7 28.6 49.6 Ethnicity White 21.6 18.5 59.9 Black 17.9 22.0 60.0 Hispanic 17.3 29.5 53.2 Asian/Other 13.2 18.9 68.0 Parent Education 17.8 32.6 49.6 High School Graduate 16.4 26.5 57.1 Some College/Graduate 16.4 26.5 57.1 Overweight Status 17.6 29.6 52.8 Not Overweight/Obese 17.6 29.6 52.8 Fruits and Vegetables 17.6 29.6 52.8 Met MyPlate (2½-5 cups) 8.8 26.8 64.4 Below Guideline 19.0 26.8 54.2 School Breakfast 19.0 26.8 54.2 School Lunch 18.1 26.0 55.9 School Lunch 17.4 26.6 56.0 Frast F	17.7 20.8 3) 3. 3
Female 19.6 26.0 54.5 Age 6-8 9-11 21.7 28.6 49.6 Ethnicity White 21.6 18.5 59.9 Black 17.9 22.0 60.0 Hispanic 17.3 29.5 53.2 Asian/Other 13.2 18.9 68.0 Parent Education Less than High School High School Graduate Some College/Graduate Overweight Status Not Overweight Coverweight/Obese 15.4 21.6 63.0 Fruits and Vegetables Met MyPlate (2½-5 cups) Below Guideline 19.0 26.8 54.2 School Breakfast Yes 16.4 29.4 54.1 No 18.1 26.0 55.9 School Lunch Yes 18.2 27.0 54.8 No 17.4 26.6 56.0 Fast Food Yes 7.8 13.8 78.3 No 19.1 28.6 52.2	16.0 27.6 5	56 4
Age 6-8 9-11 Ethnicity White Black Hispanic Asian/Other Parent Education Less than High School High School Graduate Some College/Graduate Not Overweight Status Not Overweight/Obese Met MyPlate (2½-5 cups) Below Guideline School Breakfast Yes No School Lunch Yes No Fast Food Yes No Fast Food Yes No Fast Food Yes No Parent Education Less than High School High School Graduate 17.8 18.5 59.9 60.0 17.9 22.0 60.0 60.0 17.8 18.5 59.9 68.0 17.8 18.9 68.0 49.6 49.6 49.6 49.6 49.6 49.6 49.6 49.6		
14.4 25.3 60.3 21.7 28.6 49.6 49.6	1510 2010 3	<i>,</i> 5
9-11 21.7 28.6 49.6 Ethnicity White 21.6 18.5 59.9 Black 17.9 22.0 60.0 Hispanic 17.3 29.5 53.2 Asian/Other 13.2 18.9 68.0 Parent Education Less than High School 17.8 32.6 49.6 High School Graduate 16.4 26.5 57.1 Some College/Graduate 18.3 18.5 63.2 Overweight Status Not Overweight Overweight/Obese 17.6 29.6 52.8 52.8 29.6 52.8 54.2 29.6 52.8 55.0 54.2 54.2 56.0 54.2 54.2 57.0 54.8 54.2 58.8 26.8 64.4 59.9 54.2 55.9 59.0 55.9 55.9 59.0 54.8 56.0 59.0 54.8 56.0 50.0 55.9 54.8 50.0 55.9 56.0 50.0 55.9 56.0 50.0 56.0 56.0 50.0	14.4 25.3 6	*
## Part		
White 21.6 18.5 59.9 Black 17.9 22.0 60.0 Hispanic 17.3 29.5 53.2 Asian/Other 13.2 18.9 68.0 Parent Education Less than High School 17.8 32.6 49.6 High School Graduate 16.4 26.5 57.1 Some College/Graduate 18.3 18.5 63.2 Overweight Status Not Overweight/Obese 17.6 29.6 52.8 Fruits and Vegetables 15.4 21.6 63.0 Met MyPlate (2½-5 cups) 8.8 26.8 64.4 Below Guideline 19.0 26.8 54.2 School Breakfast 18.1 26.0 55.9 School Lunch Yes 18.2 27.0 54.8 No 17.4 26.6 56.0 Fast Food Yes 7.8 13.8 78.3 No 19.1 28.6 52.2		.5.0
Hispanic	21.6 18.5 5	59.9
Asian/Other Parent Education Less than High School High School Graduate Some College/Graduate Not Overweight Overweight/Obese Fruits and Vegetables Met MyPlate (2½-5 cups) Below Guideline School Breakfast Yes No School Lunch Yes No Fast Food Yes No 13.2 18.9 68.0 49.6 49.6 49.6 16.4 26.5 57.1 18.3 18.5 63.2 17.6 29.6 52.8 63.0 17.6 29.6 63.0 52.8 64.4 21.6 63.0 54.2 54.1 18.1 26.0 55.9 54.8 No 18.1 26.0 55.9 54.8 No 17.4 26.6 56.0 Fast Food Yes No 19.1 28.6 52.2		
Asian/Other Parent Education Less than High School High School Graduate Some College/Graduate Not Overweight Overweight/Obese Fruits and Vegetables Met MyPlate (2½-5 cups) Below Guideline School Breakfast Yes No School Lunch Yes No Fast Food Yes No 13.2 18.9 68.0 49.6 49.6 49.6 16.4 26.5 57.1 18.3 18.5 63.2 17.6 29.6 52.8 63.0 17.6 29.6 63.0 52.8 64.4 21.6 63.0 54.2 54.1 18.1 26.0 55.9 54.8 No 18.1 26.0 55.9 54.8 No 17.4 26.6 56.0 Fast Food Yes No 19.1 28.6 52.2	17.3 29.5 5	53.2
Less than High School 17.8 32.6 49.6 High School Graduate 16.4 26.5 57.1 Some College/Graduate 18.3 18.5 63.2 Overweight Status Not Overweight/Obese 17.6 29.6 52.8 17.6 29.6 52.8 18.2 21.6 63.0 Fruits and Vegetables Met MyPlate (2½-5 cups) 8.8 26.8 64.4 Below Guideline 19.0 26.8 54.2 School Breakfast Yes 16.4 29.4 54.1 No 18.1 26.0 55.9 School Lunch Yes 18.2 27.0 54.8 No 17.4 26.6 56.0 Fast Food Yes 7.8 13.8 78.3 No 19.1 28.6 52.2	13.2 18.9 6	58.0
High School Graduate Some College/Graduate		
High School Graduate Some College/Graduate	17.8 32.6 4	49.6 **
Overweight Status Not Overweight/Obese 17.6 29.6 52.8 Overweight/Obese 15.4 21.6 63.0 Fruits and Vegetables Met MyPlate (2½-5 cups) Below Guideline 19.0 26.8 54.2 School Breakfast Yes 16.4 29.4 54.1 No School Lunch Yes 18.2 27.0 54.8 No 17.4 26.6 56.0 Fast Food Yes 7.8 13.8 78.3 No 19.1 28.6 52.2	16.4 26.5 5	57.1
Overweight Status Not Overweight/Obese 17.6 29.6 52.8 Overweight/Obese 15.4 21.6 63.0 Fruits and Vegetables Met MyPlate (2½-5 cups) 8.8 26.8 64.4 Below Guideline 19.0 26.8 54.2 School Breakfast Yes 16.4 29.4 54.1 No 18.1 26.0 55.9 School Lunch Yes 18.2 27.0 54.8 No 17.4 26.6 56.0 Fast Food Yes 7.8 13.8 78.3 No 19.1 28.6 52.2	18.3 18.5 6	53.2
Not Overweight Overweight/Obese 17.6 29.6 52.8 Fruits and Vegetables Met MyPlate (2½-5 cups) Below Guideline 8.8 26.8 64.4 School Breakfast Yes No 16.4 29.4 54.1 No 18.1 26.0 55.9 School Lunch Yes No 18.2 27.0 54.8 No 17.4 26.6 56.0 Fast Food Yes No 7.8 13.8 78.3 No 19.1 28.6 52.2		
Overweight/Öbese 15.4 21.6 63.0 Fruits and Vegetables Met MyPlate (2½-5 cups) 8.8 26.8 64.4 Below Guideline 19.0 26.8 54.2 School Breakfast 70.0 70.0 70.0 70.0 School Lunch 18.1 26.0 20.0 55.9 School Lunch 18.2 27.0 54.8 No 17.4 26.6 56.0 Fast Food Yes 7.8 13.8 78.3 No 19.1 28.6 52.2	17.6 29.6 5	*
Fruits and Vegetables Met MyPlate (2½-5 cups) 8.8 26.8 64.4 Below Guideline 19.0 26.8 54.2 School Breakfast Yes 16.4 29.4 54.1 No 18.1 26.0 55.9 School Lunch Yes 18.2 27.0 54.8 No 17.4 26.6 56.0 Fast Food Yes 7.8 13.8 78.3 No 19.1 28.6 52.2	15.4 21.6 6	53.0
Met MyPlate (2½-5 cups) 8.8 26.8 64.4 Below Guideline 19.0 26.8 54.2 School Breakfast Yes 16.4 29.4 54.1 No 18.1 26.0 55.9 School Lunch Yes 18.2 27.0 54.8 No 17.4 26.6 56.0 Fast Food Yes 7.8 13.8 78.3 No 19.1 28.6 52.2		
Below Guideline 19.0 26.8 54.2 School Breakfast 16.4 29.4 54.1 No 18.1 26.0 55.9 School Lunch 36.0 36.0 36.0 Yes 18.2 27.0 54.8 No 17.4 26.6 56.0 Fast Food Yes 7.8 13.8 78.3 No 19.1 28.6 52.2	os) 8.8 26.8 6	54.4
Yes 16.4 29.4 54.1 No 18.1 26.0 55.9 School Lunch Yes 18.2 27.0 54.8 No 17.4 26.6 56.0 Fast Food Yes 7.8 13.8 78.3 No 19.1 28.6 52.2	19.0 26.8 5	54.2
No 18.1 26.0 55.9 School Lunch 18.2 27.0 54.8 No 17.4 26.6 56.0 Fast Food Yes 7.8 13.8 78.3 No 19.1 28.6 52.2		
School Lunch Yes 18.2 27.0 54.8 No 17.4 26.6 56.0 Fast Food Yes 7.8 13.8 78.3 No 19.1 28.6 52.2	16.4 29.4 5	54.1
Yes 18.2 27.0 54.8 No 17.4 26.6 56.0 Fast Food Yes 7.8 13.8 78.3 No 19.1 28.6 52.2	18.1 26.0 5	55.9
No 17.4 26.6 56.0 Fast Food Yes 7.8 13.8 78.3 No 19.1 28.6 52.2		
Fast Food Yes 7.8 13.8 78.3 No 19.1 28.6 52.2	18.2 27.0 5	54.8
Yes 7.8 13.8 78.3 No 19.1 28.6 52.2	17.4 26.6 5	56.0
No 19.1 28.6 52.2		
15.1 20.0 52.2	7.8 13.8 7	78.3 ***
	19.1 28.6 5	52.2
Nutrition Lesson		
Yes 14.8 30.0 55.3	14.8 30.0 5	55.3
No 18.3 23.1 58.6	18.3 23.1 5	58.6

Based on the *Dietary Guidelines for Americans, 2010* and the *2008 Physical Activity Guidelines for Americans*: Children should do 60 minutes or more of physical activity each day. Aerobic activity should make up most of the physical activity. This can include either moderate-intensity aerobic activity, such as brisk walking, or vigorous-intensity activity, such as running.

Rows may not add up to 100% due to rounding.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

^{*} p<.05

^{**} p<.01

^{***} p<.001

Table 72: Percentage of California Children who Reported Engaging in Muscle and Bone Strengthening Activities Yesterday (N=651)

What physical activities did you do yesterday?

	Physical Activities Reported Yesterday, Percent			
	Muscle Strengthening ¹	Bone Strengthening ²		
Total	13.1	91.7		
Gender				
Male	8.6	92.2		
Female	17.7	91.2		
Age	· · · · · · · · · · · · · · · · · · ·			
6-8	14.2	93.5		
9-11	11.7	89.5		
Ethnicity				
White	21.2	90.4		
Black	11.7	92.1		
Hispanic	11.3	92.2		
Asian/Other	21.8	86.9		
Parent Education				
Less than High School	10.6	91.3		
High School Graduate	12.2	94.2		
Some College/Graduate	17.1	91.0		
Overweight Status				
Not Overweight	13.0	94.1		
Overweight/Obese	14.7	90.9		
Fruits and Vegetables				
Met MyPlate (2½-5 cups)	15.4	96.2		
Below Guideline	12.7	91.0		
Physical Activity				
≥ 60 minutes	14.8	98.0 ***		
< 60 minutes	11.0	83.8		
School Breakfast				
Yes	11.2	94.0		
No	13.6	91.0		
School Lunch				
Yes	17.6 **	95.2 **		
No	9.6	89.0		
Fast Food				
Yes	22.9 **	95.7		
No	11.7	91.1		
Nutrition Lesson	1117	21.1		
Yes	13.6	94.2		
No	13.0	91.2		
110	15.0	71.2		

Excludes those reporting "don't know" and those who refused to answer.

Based on the *Dietary Guidelines for Americans, 2010* and the *2008 Physical Activity Guidelines for Americans*: Children should do muscle strengthening activities at least 3 days per week and bone strengthening activities at least 3 days per week as part of their 60 or more minutes of physical activity.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

Boxes that are all gray indicate that the chi-square test is not valid due to a high percentage of cells with expected counts less than 5.

¹ Muscle strengthening activities include aerobics/weight training/gym/exercise, gymnastics/tumbling, playing games: specify, wrestling, other: specify. Weight training was coded as part of a group; the entire group is included.

² Bone strengthening activities include aerobics/weight training/gym/exercise, baseball/softball/catch/pitching, basketball, cheerleading, dance, field/street/roller hockey, football, golf, gymnastics/tumbling, hiking, ice hockey/skating, jumping rope, lacrosse, martial arts, playing games: specify, roller blading/skating, running/jogging, scooter riding, skateboarding, soccer, tennis, track and field, volleyball, walking, other: specify.

^{*} p<.05

^{**} p<.01

^{***} p<.001

Table 73: Percentage of Children who Reported Meeting the Physical Activity Recommendation Yesterday (N=651)

What physical activities did you do yesterday?
How long did you spend doing [ACTIVITY] yesterday?

Total 55.5 Gender Male 56.4 Female 54.5 Age 6-8 9-11 49.6 Ethnicity White 59.9 Black 60.0 Hispanic Asian/Other 68.0 Parent Education Less than High School 49.6 ** High School Graduate 57.1 50.0 Some College/Graduate 57.1 50.2 Overweight Status 52.8 * Not Overweight/Obese 52.8 * Fruits and Vegetables 63.0 * Met MyPlate (2½-5 cups) 64.4 8 Below Guideline 54.2 * Physical Activity ≥ 60 minutes 55.9 School Breakfast Yes 54.5 No 56.4 School Lunch Yes 54.8 No 56.0 Fast Food Yes 78.3 *** No 55.3 No 55.3 <t< th=""><th></th><th>60+ Minutes of Moderate and Vigorous Physical Activity Yesterday, Percent</th><th></th></t<>		60+ Minutes of Moderate and Vigorous Physical Activity Yesterday, Percent	
Male 56.4 Female 54.5 Age 6-8 6-8 9-11 Ethnicity 49.6 White 59.9 Black 60.0 Hispanic 53.2 Asian/Other 68.0 Parent Education 49.6 Less than High School 49.6 High School Graduate 57.1 Some College/Graduate 57.1 Overweight Status 52.8 No Overweight/Obese 52.8 Fruits and Vegetables 63.0 Met MyPlate (2½-5 cups) 64.4 Below Guideline 54.2 Physical Activity ≥ 60 minutes ≤ 60 minutes 55.9 School Breakfast 7es Yes 54.5 No 56.4 School Lunch 7es Yes 78.3 No 52.2 Nutrition Lesson 7es No 55.3		55.5	
Female 54.5 Age 6-8 6-8 9-11 Ethnicity 49.6 White 59.9 Black 60.0 Hispanic 53.2 Asian/Other 68.0 Parent Education 49.6 Less than High School 49.6 High School Graduate 57.1 Some College/Graduate 57.1 Overweight Status 63.2 No Overweight/Obese 52.8 Fruits and Vegetables * Met MyPlate (2½-5 cups) 64.4 Below Guideline 54.2 Physical Activity ≥ 60 minutes < 60 minutes			
Age 6-8 9-11 Ethnicity White Black Hispanic Asian/Other Parent Education Less than High School High School Graduate Some College/Graduate Overweight Status Not Overweight/Obese Fruits and Vegetables Met MyPlate (2½-5 cups) Below Guideline Physical Activity ≥ 60 minutes < 60 minutes < 60 minutes School Breakfast Yes No School Lunch Yes No Fast Food Yes No Nutrition Lesson Yes S59.9 60.0 ** 60.0 49.6 49.6 ** 63.2 49.6 ** 63.2 49.6 ** 64.0 49.6 ** 49.6 ** 63.2 49.6 ** 64.0 49.6 ** 49.6 ** 63.2 68.0 ** 63.2 ** 64.4 52.8 63.0 ** 64.4 54.2 Final Statisty 54.1 55.9 School Breakfast Yes No 56.4 School Lunch Yes 54.8 No 56.0 Fast Food Yes 55.3 *** *** ** ** ** ** ** ** **			
6-8 9-11 Ethnicity White Black Hispanic Asian/Other Parent Education Less than High School High School Graduate Some College/Graduate Overweight Status Not Overweight/Obese Fruits and Vegetables Met MyPlate (2½-5 cups) Below Guideline Physical Activity ≥ 60 minutes < 60 minutes School Breakfast Yes No School Lunch Yes No Fast Food Yes No Nutrition Lesson Yes Senoil		54.5	
## Page 19-11 #			
Ethnicity White Black Hispanic Asian/Other Parent Education Less than High School High School Graduate Some College/Graduate Overweight Status Not Overweight Overweight/Obese Fruits and Vegetables Met MyPlate (2½-5 cups) Below Guideline Physical Activity ≥ 60 minutes < 60 minutes < 60 minutes			*
## Spanic	, <u></u>	49.6	
Black 60.0 Hispanic 53.2 Asian/Other 68.0 Parent Education 49.6 Less than High School 49.6 High School Graduate 57.1 Some College/Graduate 53.2 Overweight Status 57.1 Not Overweight Overweight Overweight/Obese 52.8 Fruits and Vegetables 63.0 Met MyPlate (2½-5 cups) 64.4 Below Guideline 54.2 Physical Activity 54.1 ≥ 60 minutes 55.9 School Breakfast 78.3 Yes 54.8 No 56.0 Fast Food 78.3 Yes 78.3 No 52.2 Nutrition Lesson 75.3			
Hispanic Asian/Other Parent Education Less than High School High School Graduate Some College/Graduate Overweight Status Not Overweight/Obese Fruits and Vegetables Met MyPlate (2½-5 cups) Below Guideline Physical Activity ≥ 60 minutes < 60 minutes			
Asian/Other Parent Education Less than High School High School Graduate Some College/Graduate Overweight Status Not Overweight/Obese Fruits and Vegetables Met MyPlate (2½-5 cups) Below Guideline Physical Activity ≥ 60 minutes < 60 minutes < 60 minutes School Breakfast Yes No School Lunch Yes No Fast Food Yes No No No No No No Fast Food Yes No No No No No State Physical Activity			
Parent Education Less than High School High School Graduate Some College/Graduate Overweight Status Not Overweight Overweight/Obese Fruits and Vegetables Met MyPlate (2½-5 cups) Below Guideline Physical Activity ≥ 60 minutes < 60 minutes School Breakfast Yes No School Lunch Yes No Fast Food Yes No No Tast Food Yes No State No State 49.6 49.6 *** *** *** *** *** *** ***			
Less than High School High School Graduate Some College/Graduate Overweight Status Not Overweight Overweight/Obese Fruits and Vegetables Met MyPlate (2½-5 cups) Below Guideline Physical Activity ≥ 60 minutes < 60 minutes School Breakfast Yes No School Lunch Yes No Fast Food Yes No No No Fast Food Yes No State Yes No No State Test Test Test Test Test Test Test T	·	68.0	
High School Graduate Some College/Graduate Overweight Status Not Overweight Overweight/Obese Fruits and Vegetables Met MyPlate (2½-5 cups) Below Guideline Physical Activity ≥ 60 minutes < 60 minutes		10.6	
Some College/Graduate 63.2 Overweight Status 52.8 Not Overweight Obese 53.0 Fruits and Vegetables 63.0 Met MyPlate (2½-5 cups) 64.4 Below Guideline 54.2 Physical Activity 54.1 ≥ 60 minutes 55.9 School Breakfast 78.3 Yes 54.8 No 56.0 Fast Food 78.3 *** No 52.2 Nutrition Lesson 78.3 *** Yes 55.3	_	ט.פד	*
Overweight Status 52.8 * Not Overweight Obese 53.0 * Fruits and Vegetables 64.4 * Met MyPlate (2½-5 cups) 64.4 * Below Guideline 54.2 * Physical Activity 54.1 * ≥ 60 minutes 55.9 * School Breakfast 7es 54.5 No 56.4 * School Lunch 7es 54.8 No 56.0 * Fast Food 78.3 *** No 52.2 *** Nutrition Lesson 7es 55.3			
Not Overweight Overweight/Obese 52.8 (63.0) Fruits and Vegetables Met MyPlate (2½-5 cups) Below Guideline 64.4 (64.4) Physical Activity ≥ 60 minutes 54.1 (64.4) School Breakfast Yes (76.4) 55.9 School Lunch Yes (76.4) 54.8 (76.4) Yes (76.0) 54.8 (76.0) Fast Food Yes (76.3) 78.3 (76.3) No (76.2) 55.3	<u>.</u>	63.2	
Overweight/Obese 63.0 Fruits and Vegetables 64.4 Met MyPlate (2½-5 cups) 54.2 Physical Activity 50 minutes ≥ 60 minutes 55.9 School Breakfast 55.9 Yes 54.5 No 56.4 School Lunch 54.8 Yes 54.8 No 56.0 Fast Food 78.3 **** No 52.2 Nutrition Lesson 75.3 ***			
Fruits and Vegetables 64.4 Met MyPlate (2½-5 cups) 64.2 Physical Activity 54.1 ≥ 60 minutes 55.9 School Breakfast 55.9 Yes 54.5 No 56.4 School Lunch 54.8 Yes 54.8 No 56.0 Fast Food 78.3 **** No 52.2 Nutrition Lesson 75.3 ***		32.0	
Met MyPlate (2½-5 cups) 64.4 Below Guideline 54.2 Physical Activity ≥ 60 minutes 54.1 < 60 minutes	• .	63.0	
Below Guideline 54.2 Physical Activity ≥ 60 minutes 54.1 < 60 minutes			
Physical Activity ≥ 60 minutes 54.1 < 60 minutes		* · · ·	
≥ 60 minutes < 60 minutes		54.2	
< 60 minutes		F4.1	
School Breakfast 54.5 No 56.4 School Lunch 54.8 No 56.0 Fast Food 78.3 Yes 78.3 No 52.2 Nutrition Lesson 75.3 Yes 55.3	_		
Yes		55.9	
No 56.4 School Lunch Yes 54.8 No 56.0 Fast Food Yes 78.3 No 52.2 Nutrition Lesson Yes 55.3		54 5	
School Lunch Yes 54.8 No 56.0 Fast Food Yes 78.3 No 52.2 Nutrition Lesson 78.3 Yes 55.3		22	
Yes	* * * *	50.4	
No 56.0 Fast Food Yes 78.3 *** No 52.2 Nutrition Lesson Yes 55.3		54.8	
Fast Food 78.3 *** Yes 52.2 Nutrition Lesson 55.3			
Yes		3010	
No 52.2 Nutrition Lesson Yes 55.3		78.3	**
Nutrition Lesson Yes 55.3			
Yes 55.3	Nutrition Lesson		
		55.3	
	No		

Based on the *Dietary Guidelines for Americans*, 2010 and the 2008 Physical Activity Guidelines for Americans: Children should do 60 minutes or more of physical activity each day. Aerobic activity should make up most of the physical activity. This can include either moderate-intensity aerobic activity, such as brisk walking, or vigorous-intensity activity, such as running.

Rows may not add up to 100% due to rounding.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

* p<.05

** p<.01

*** p<.001

Table 74: Range in the Number of Different Types of Physical Activity Reported by California Children Yesterday (N=651)

What physical activities did you do yesterday?

	Number of Physical Activities Reported, Percent			d,
	0-1	2	3+	
Total	32.2	40.4	27.4	
Gender				
Male	34.1	39.0	26.9	
Female	30.1	41.9	28.0	
Age				
6-8	34.4	38.6	27.1	
9-11	29.5	42.6	27.9	
Ethnicity				
White	24.5	36.4	39.2	*
Black	26.5	38.0	35.5	
Hispanic	34.6	41.8	23.6	
Asian/Other	28.9	36.2	35.0	
Parent Education				
Less than High School	37.3	41.6	21.1	***
High School Graduate	28.7	46.4	24.9	
Some College/Graduate	26.5	35.7	37.9	
Overweight Status				_
Not Overweight	28.0	46.2	25.9	
Overweight/Obese	26.5	38.3	35.2	
Fruits and Vegetables				
Met MyPlate (2½-5 cups)	24.0	42.7	33.3	
Below Guideline	33.4	40.1	26.6	
Physical Activity				
> 60 minutes	19.5	43.3	37.1	***
< 60 minutes	48.0	36.5	15.5	
School Breakfast				
Yes	25.0	38.5	36.5	*
No	34.3	41.0	24.7	
School Lunch		-		
Yes	23.4	39.8	36.8	***
No	38.9	40.9	20.2	
Fast Food	30.3	1013	2012	
Yes	20.3	45.6	34.1	*
No	33.8	39.7	26.5	
Nutrition Lesson	33.0	33./	20.3	
Yes	31.0	37.6	31.4	
No	31.0	37.6 43.8	25.2	
140	21.0	0.0	23.2	

Based on the *Dietary Guidelines for Americans, 2010* and the *2008 Physical Activity Guidelines for Americans*: Children should do 60 minutes or more of physical activity each day. Aerobic activity should make up most of the physical activity. This can include either moderate-intensity aerobic activity, such as brisk walking, or vigorous-intensity activity, such as running.

Rows may not add up to 100% due to rounding.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

^{*} p<.05

^{**} p<.01

^{***} p<.001

Table 75: Comparison of the Frequency and Amount of Time Spent in School Physical Education (PE)
Classes Between Children Reporting Any Physical Education and All Children (N=651)

In the past school week, how many days did you have PE or gym class? How long do you usually spend doing physical activities in PE or gym class?

	_		hildren Repasses, Perce		PE Classes Per Week, Mean Days	Physically	
	0	1-2	3-4	5+	Trouit Duyo	Minutes	
Only Children Reporting Any PE Classes		44.5	27.2	28.3	3.1	36.6	
All Children	15.0	37.8	23.1	24.0	2.6	30.8	

Excludes those reporting "don't know" and those who refused to answer.

California law mandates that elementary school children get 200 minutes of PE every ten school days. This is an average of 33.3 minutes of PE at 3 times a week.

Rows may not add up to 100% due to rounding.

Table 76: Frequency and Amount of Time Spent in School Physical Education (PE) Classes by California Children (N=651)

In the past school week, how many days did you have PE or gym class? How long do you usually spend doing physical activities in PE or gym class?

	PE Classes Per Week, Mean Days	Time Spent in PE Being Physically Active, Mean Minutes
Total	2.6	30.8
Gender		
Male	2.6	29.7
Female	2.6	32.0
Age		
6-8	2.7	27.3 ***
9-11	2.5	34.8
Ethnicity		
White	2.4	31.2
Black	2.4	28.7
Hispanic	2.6	31.0
Asian/Other	2.9	32.0
Parent Education	,,	5
Less than High School	2.5	29.8
High School Graduate	2.7	30.6
Some College/Graduate	2.7	32.3
Overweight Status		5_10
Not Overweight	2.6	30.4
Overweight/Obese	2.5	32.3
Fruits and Vegetables		
Met MyPlate (2½-5 cups)	2.6	29.0
Below Guideline	2.6	31.0
Physical Activity		
≥ 60 minutes	2.7	31.4
< 60 minutes	2.5	30.0
School Breakfast		
Yes	2.5	29.7
No	2.6	31.1
School Lunch		
Yes	2.5	30.2
No	2.7	31.3
Fast Food		
Yes	2.6	28.4
No	2.6	31.1
Nutrition Lesson		
Yes	2.6	32.6
No	2.6	30.4

Excludes those reporting "don't know" and those who refused to answer.

California law mandates that elementary school children get 200 minutes of PE every ten school days. This is an average of 33.3 minutes of PE 3 times a week.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Categories sharing a common superscript (a,b,c) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

ANOVA

^{*} p<.05

^{**} p<.01

^{***} p<.001

Table 77: Minutes of Televison and Computer Screen Time Reported Yesterday and Proportion Meeting the *Healthy People 2020* Guidelines by California Children (N=651)

Yesterday, about how much time did you watch TV, watch videos/DVDs, or play video games? Yesterday, about how much time did you spend using a computer or playing computer games for fun?

Total So.9		Minutes Spent Watching TV, Videos/DVDs, or Playing Video Games, Mean ¹	Met <i>Healthy People</i> 2020 Guideline for 2 or Fewer Hours of TV Time, Percent	Minutes Spent Using the Computer or Playing Computer Games, Mean ²
Gender Male 84.8 84.1 19.4 * Female 76.8 87.9 13.9 * Age 6-8 85.6 85.7 16.6 9.11 75.2 86.2 16.9 * Ethnicity White 71.3 88.3 18.5 88.9 75.6 24.4 44.8 44.9 44.8 44.8 44.0 44.8 44.8 44.0 44.8 44.8 44.0 44.8 44.0 44.8 44.0 44.9 44.9 44.9 44.0 44.9 44.0 44.9 44.0 44.0 44.0 <th>Total</th> <th></th> <th>,</th> <th></th>	Total		,	
Female 76.8 87.9 13.9 Age 6-8 85.6 85.7 16.6 9-11 75.2 86.2 16.9 Ethnicity White 71.3 88.3 18.5 Black 88.9 75.6 24.4 Hispanic 81.6 87.0 14.8 Asian/Other 77.7 88.3 21.8 Parent Education Less than High School High School Graduate 96.7 b 80.1 16.0 Some College/Graduate 96.7 ab 80.1 16.0 Overweight Status Not Overweight Overweight/Obese 77.7 * 88.1 * 16.0 Not Overweight Status Net MyPlate (2½-5 cups) Below Guideline 83.6 87.4 17.4 School Breakfast Yes 76.9 87.5 10.7 ** School Lunch Yes No 82.1 85.4 89.6 * 87.4 17.4 School Lunch Yes 90.8 84.4 82.5 12.6 No 80.4 86.4 17.3 Nutrition Lesson Yes 77.3 87.4 16.0 Nutrition Lesson Yes 77.3 87.4 16.0 No No 80.4 86.4 17.3 Nutrition Lesson Yes 77.3 87.4 16.0				
Age 6-8 85.6 85.7 16.6 9-11 75.2 86.2 16.9 Ethnicity White 71.3 88.3 18.5 Black 88.9 75.6 24.4 Hispanic 81.6 87.0 14.8 Asian/Other 77.7 88.3 21.8 Parent Education Less than High School 77.0 * a 89.3 * 15.4 High School Graduate 96.7 b 80.1 16.0 Some College/Graduate 96.7 a 80.1 16.0 Overweight Status 73.7 * 88.1 * 16.0 No Overweight Cobese 73.7 * 88.1 * 16.0 Pruits and Vegetables 73.7 * 88.1 * 16.0 Met MyPlate (2½-5 cups) 62.5 ** 94.3 * 16.8 Physical Activity 60 minutes 82.6 84.7 16.8 School Breakfast 76.9 87.5 10.7 ** Yes 76.9 87.5 10.7 ** No 82.1 85.4 83.1 18.6 Fruits a	Male	84.8	84.1	19.4 *
6-8 9-11 75.2 85.6 9-11 75.2 86.2 16.9 Ethnicity White White Black Hispanic Asian/Other Ray Parent Education Less than High School High School Graduate Some College/Graduate Overweight Status Not Overweight Obese Met MyPlate (2½-5 cups) Below Guideline Physical Activity ≥ 60 minutes <	Female	76.8	87.9	13.9
6-8 9-11 75.2 85.6 9-11 75.2 86.2 16.9 Ethnicity White White Black Hispanic Asian/Other Ray Parent Education Less than High School High School Graduate Some College/Graduate Overweight Status Not Overweight Obese Met MyPlate (2½-5 cups) Below Guideline Physical Activity ≥ 60 minutes <	Age			
## Part		85.6	85.7	16.6
White Black 88.9 75.6 24.4 Hispanic 81.6 87.0 14.8 Asian/Other 77.7 88.3 21.8 Parent Education Less than High School Graduate Some College/Graduate Overweight Status Not Overweight Overweight Overweight (21/2-5 cups) Below Guideline 82.6 60 minutes 60 minutes 78.6 School Breakfast Yes No School Lunch Yes No School Lunch Yes No 82.1 School Lunch Yes No 84.4 82.5 12.6 No 80.4 80.4 86.4 17.3 Nutrition Lesson Yes 77.3 87.6 School Lusch 17.3 Nutrition Lesson Yes 77.3 87.4 16.0 14.8 88.3 18.5 24.4 14.8 88.3 18.5 24.4 14.8 88.3 18.5 24.4 14.8 88.3 18.5 24.4 14.8 88.3 18.5 24.4 14.8 88.3 14.8 15.6 24.4 14.8 88.3 18.5 24.4 14.8 88.3 14.8 15.6 14.8 14.8 14.8 14.8 14.8 14.8 14.8 14.8	9-11	75.2	86.2	16.9
Black Hispanic Asian/Other Parent Education Less than High School High School Graduate Some College/Graduate Not Overweight Vobese Met MyPlate (2½-5 cups) Below Guideline Physical Activity ≥ 60 minutes <	Ethnicity			
Hispanic Asian/Other 77.7 Parent Education Less than High School High School Graduate Some College/Graduate Not Overweight Status Not Overweight Obese Met MyPlate (21/2-5 cups) Below Guideline Physical Activity ≥ 60 minutes < 60 minutes	White	_		
Asian/Other 77.7 88.3 21.8 Parent Education Less than High School Graduate 77.0 * a b 89.3 * 15.4 Some College/Graduate 96.7 b 80.1 16.0 18.9 Overweight Status 73.7 ab 88.1 16.0 Not Overweight/Obese 73.7 ab 88.1 * 16.0 Fruits and Vegetables 87.9 * 80.5 * 19.3 Met MyPlate (2½-5 cups) Below Guideline 83.6 * 94.3 ab.7 * 16.0 Physical Activity 60 minutes 82.6 ab.7 16.3 * 16.8 Physical Activity 82.6 ab.7 87.4 17.4 School Breakfast 76.9 ab.7 87.5 ab.7 10.7 ab.7 * * * * * * * * * * * * * * * * * * *	Black	88.9	75.6	24.4
Parent Education 77.0 * a 89.3 * 15.4 Less than High School High School Graduate Some College/Graduate 96.7 b 80.1 16.0 Some College/Graduate 78.7 ab 88.1 16.0 Overweight Status 73.7 * 88.1 * 16.0 No Overweight/Obese 87.9 * 88.1 * 16.0 Fruits and Vegetables ** 87.9 * 94.3 * 16.0 Met MyPlate (2½-5 cups) Below Guideline 83.6 * 94.3 * 16.0 Physical Activity ≥ 60 minutes 82.6 84.7 16.3 < 60 minutes	Hispanic	81.6	87.0	14.8
Less than High School High School Graduate Some College/Graduate Overweight Status Not Overweight Overweight/Obese Fruits and Vegetables Met MyPlate (2½-5 cups) Below Guideline Physical Activity ≥ 60 minutes < 60 minutes	Asian/Other	77.7	88.3	21.8
High School Graduate Some College/Graduate Overweight Status Not Overweight Overweight/Obese Met MyPlate (2½-5 cups) Below Guideline Physical Activity ≥ 60 minutes < 60 minutes	Parent Education			
Some College/Graduate 78.7 ab 84.0 18.9 Overweight Status 73.7 88.1 16.0 19.3 Fruits and Vegetables Met MyPlate (2½-5 cups) Below Guideline 62.5 ** 94.3 16.0 16.0 Physical Activity 83.6 ** 94.3 16.0 16.8 Physical Activity 82.6 84.7 16.3 16.3 17.4 School Breakfast 78.6 87.4 17.4 17.4 School Lunch 7es 76.9 87.5 10.7 ** No 82.1 89.6 * 14.5 ** Fast Food 84.4 82.5 12.6 No No 80.4 86.4 17.3 Nutrition Lesson 77.3 87.4 16.0 16.0 16.0	Less than High School	77.0 * a	89.3 *	15.4
Overweight Status 73.7 * 88.1 * 16.0 Overweight/Obese 87.9 * 80.5 19.3 Fruits and Vegetables Met MyPlate (2½-5 cups) Below Guideline 62.5 ** 94.3 * 16.0 Physical Activity 83.6 84.7 16.8 Physical Activity 82.6 84.7 16.3 < 60 minutes			80.1	16.0
Not Overweight Overweight/Obese 73.7	Some College/Graduate	78.7 ab	84.0	18.9
Overweight/Öbese 87.9 80.5 19.3 Fruits and Vegetables Met MyPlate (2½-5 cups) Below Guideline 62.5 83.6 ** 94.3 84.7 16.0 84.7 Physical Activity ≥ 60 minutes 82.6 84.7 16.3 17.4 16.3 17.4 School Breakfast 78.6 87.4 17.4 10.7 18.7 Yes No 82.1 85.4 85.4 85.4 85.4 14.5 18.7 School Lunch 88.2 90.8 83.1 88.6 14.5 18.6 Yes No 84.4 82.5 12.6 No 80.4 86.4 17.3 86.4 17.3 Nutrition Lesson Yes 77.3 87.4 16.0	Overweight Status			
Fruits and Vegetables Met MyPlate (2½-5 cups) 62.5 ** 94.3 * 16.0 Below Guideline 83.6 84.7 16.8 Physical Activity ≥ 60 minutes 82.6 84.7 16.3 < 60 minutes	Not Overweight	73.7 *	88.1 *	16.0
Met MyPlate (21/2-5 cups) Below Guideline 62.5	Overweight/Obese	87.9	80.5	19.3
Below Guideline Physical Activity ≥ 60 minutes < 60 minutes 78.6 School Breakfast Yes No School Lunch Yes No 82.1 School Lunch Yes No 84.7 16.8 84.7 16.3 87.4 17.4 17.4 17.4 18.7 18.7 18.6 18.7 18.7 18.6 18.7 18.7 18.6 18.7 18.6 18.7 18.6 18.7 18.6 18.7 18.7 18.6	Fruits and Vegetables			
Below Guideline 83.6 84.7 16.8 Physical Activity ≥ 60 minutes 82.6 84.7 16.3 < 60 minutes	Met MyPlate (2½-5 cups)	62.5 **	94.3 *	16.0
\$\begin{array}{cccccccccccccccccccccccccccccccccccc	Below Guideline	83.6	84.7	16.8
\$\begin{array}{cccccccccccccccccccccccccccccccccccc	Physical Activity			
School Breakfast 76.9 87.5 10.7 *** No 82.1 85.4 18.7 School Lunch *** 89.6 * 14.5 Yes 90.8 *** 83.1 *** 18.6 Fast Food *** 82.5 12.6 No 80.4 86.4 17.3 Nutrition Lesson 77.3 87.4 16.0	> 60 minutes	82.6	84.7	16.3
Yes 76.9 87.5 10.7 *** School Lunch 85.4 18.7 *** Yes 68.2 **** 89.6 * 14.5 No 90.8 83.1 18.6 Fast Food 82.5 12.6 No 80.4 86.4 17.3 Nutrition Lesson 77.3 87.4 16.0	< 60 minutes	78.6	87.4	17.4
No 82.1 85.4 18.7 School Lunch 7es 68.2 *** 89.6 * 14.5 No 90.8 83.1 18.6 Fast Food 82.5 12.6 17.3 No 80.4 86.4 17.3 Nutrition Lesson 77.3 87.4 16.0	School Breakfast			<u></u>
School Lunch Yes 68.2 **** 89.6 * 14.5 No 90.8 83.1 18.6 Fast Food Yes 84.4 82.5 12.6 No 80.4 86.4 17.3 Nutrition Lesson Yes 77.3 87.4 16.0	Yes	76.9	87.5	10.7 **
Yes 68.2 *** 89.6 * 14.5 No 90.8 **** 83.1 18.6 Fast Food *** 82.5 12.6 No 80.4 86.4 17.3 Nutrition Lesson 77.3 87.4 16.0	No	82.1	85.4	18.7
No 90.8 83.1 18.6 Fast Food Yes 84.4 82.5 12.6 No 80.4 86.4 17.3 Nutrition Lesson Yes 77.3 87.4 16.0	School Lunch			
Fast Food Yes 84.4 82.5 12.6 No 80.4 86.4 17.3 Nutrition Lesson Yes 77.3 87.4 16.0	Yes	68.2 ***	89.6 *	14.5
Yes 84.4 82.5 12.6 No 80.4 86.4 17.3 Nutrition Lesson 77.3 87.4 16.0	No	90.8	83.1	18.6
No 80.4 86.4 17.3 Nutrition Lesson Yes 77.3 87.4 16.0	Fast Food			
Nutrition Lesson 77.3 87.4 16.0		84.4	82.5	12.6
Yes 77.3 87.4 16.0	No	80.4		17.3
Yes 77.3 87.4 16.0	Nutrition Lesson			
No 83.1 85.5 16.0		77.3	87.4	16.0
	No	83.1	85.5	16.0

¹ Excludes television or video watching at school or on a computer.

Healthy People 2020 PA-8.2: Increase the proportion of children who view television, videos, or play video games for no more than 2 hours a day, with a goal of 86.8 percent; PA-8.3: Increase the proportion of children who use a computer or play computer games outside of school (for nonschool work) for no more than 2 hours a day, with a goal of 100 percent (State average is 98.7%; column removed due to small sample size).

A box around a group of numbers signifies that differences observed within this group are statistically significant. Categories sharing a common superscript (a,b,c) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

ANOVA

Chi Square Test

Boxes that are all gray indicate that the chi-square test is not valid due to a high percentage of cells with expected counts less than 5.

² Excludes any schoolwork or homework completed on the computer.

^{*} p<.05

^{**} p<.01

^{***} p<.001

Table 78: Amount of Physical Activity Children Believed They Needed for Good Health (N=651)

About how many minutes do you think you should exercise or be active each day for good health? About how many days each week do you think you should exercise or be active?

	Mean	Percent	
	Minutes of Physical Activity Believed Needed	Days of Physical Activity Believed Needed	Believed >60 Minutes of Physical Activity Needed 7 Days a Week
Total	62.4	5.6	34.1
Gender			
Male	63.7	5.8 *	38.2
Female	61.0	5.4	29.8
Age			
6-8	62.5	5.6	36.9
9-11	62.3	5.6	30.6
Ethnicity			
White	77.0 ** b	6.1 ** a	45.2
Black	67.2 ab	6.0 ab	
Hispanic	57.7 a	5.5 b	31.3
Asian/Other	82.8 b	5.7 ab	40.6
Parent Education			
Less than High School	50.9 *** a	5.2 *** a	23.9 ***
High School Graduate	66.8 b	5.8 b	41.0
Some College/Graduate	76.6 b	6.1 b	45.4
Overweight Status			
Not Overweight	63.5	5.7	35.4
Overweight/Obese	66.1	5.8	36.6
Fruits and Vegetables			
Met MyPlate (2½-5 cups)	59.9	5.7	42.8
Below Guideline	62.8	5.6	32.8
Physical Activity			
≥ 60 minutes	68.4 ***	5.8 ***	41.7
< 60 minutes	54.9	5.3	24.7
School Breakfast			
Yes	61.8	5.9 *	36.8
No	62.6	5.5	33.2
School Lunch			
Yes	64.0	5.8 **	37.1
No	61.2	5.4	31.7
Fast Food			
Yes	70.2	6.0 **	48.2 **
No	61.3	5.5	32.1
Nutrition Lesson			
Yes	61.4	5.6	34.3
No	65.1	5.6	34.5
	,	•	•

Excludes those reporting "don't know" and those who refused to answer.

Based on the *Dietary Guidelines for Americans, 2010* and the *2008 Physical Activity Guidelines for Americans*: Children should do 60 minutes or more of physical activity each day.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Categories sharing a common superscript (a,b,c) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05). ANOVA

Chi Square Test

* p<.05

** p<.01

*** p<.001

Table 79: Percentage of Children who Reported Playing on Organized School or Community Sports Teams (N=651)

Right now, do you play on any sports teams, including any teams run by your school or community group?

	Children Playing on Spo Percent	rts Teams,
Total	34.2	
Gender		
Male	40.9	***
Female	27.3	
Age		
6-8	31.1	
9-11	37.9	
Ethnicity		
White	32.2	
Black	37.2	
Hispanic	34.3	
Asian/Other	30.9	
Parent Education		
Less than High School	34.4	
High School Graduate	28.7	
Some College/Graduate	36.6	
Overweight Status		
Not Overweight	34.1	
Overweight/Obese	31.4	
Fruits and Vegetables		
Met MyPlate (2½-5 cups)	34.8	
Below Guideline	34.1	
Physical Activity		
<u>></u> 60 minutes	37.9	*
< 60 minutes	29.7	
School Breakfast		<u> </u>
Yes	35.6	
No	33.8	
School Lunch		
Yes	35.1	
No	33.5	
Fast Food		
Yes	40.1	
No	33.4	
Nutrition Lesson		
Yes	42.9	**
No	29.9	
	<u> </u>	

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

Source: California Department of Public Health, Nutrition Education and Obesity Prevention Branch: 2014.

^{*} p<.05

^{**} p<.01

^{***} p<.001

Table 80: Top Five Most Common Forms of Exercise or Physical Activity (N=651)

What physical activities did you do yesterday?

Rank	State Total	Boys	Girls
1st	RUNNING/JOGGING	RUNNING/JOGGING	RUNNING/JOGGING
2nd	SOCCER	SOCCER	WALKING
3rd	WALKING	BASKETBALL	PLAYGROUND GAMES
4th	PLAYGROUND GAMES	WALKING	TAG
5th	BASKETBALL	OTHER BALL GAMES	OTHER BALL GAMES

Rank	White	Black	Hispanic	Asian/Other
1st	RUNNING/JOGGING	RUNNING/JOGGING	RUNNING/JOGGING	RUNNING/JOGGING
2nd	PLAYGROUND GAMES	BASKETBALL	SOCCER	BASKETBALL
3rd	WALKING	TAG	WALKING	TAG
4th	BASKETBALL	PLAYGROUND GAMES	PLAYGROUND GAMES	PLAYGROUND GAMES
5th	OTHER BALL GAMES	OTHER BALL GAMES	TAG	BIKE RIDING

Physical activities include aerobics/weight training/gym/exercise, baseball/softball/catch/pitching, basketball, bike riding, cheerleading, dance, field/street/roller hockey, football, golf, gymnastics/tumbling, hiking, ice hockey/skating, jumping rope, lacrosse, martial arts, playing games: specify, roller blading/skating, running/jogging, scooter riding, skateboarding, soccer, swimming, tennis, track and field, volleyball, walking, wrestling, other: specify

Source: California Department of Public Health, Nutrition Education and Obesity Prevention Branch: 2014.

Table 81: Frequency of Reported School Physical Education Classes by Average Minutes of Physical Activity (N=651)

In the past school week, how many days did you have PE or gym class? How long did you spend doing [ACTIVITY] yesterday?

Physical Education Classes	Percent	Mean Minutes of Physical Activity
Days per Week		
None	15.0	84.0
1-2	37.8	79.0
3-4	23.1	72.6
5	24.0	88.0

Excludes those reporting "don't know" and those who refused to

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Categories sharing a common superscript (a,b,c) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

ANOVA

* p<.05

** p<.01

*** p<.001

Table 82: Percentage of Children who Reported Having a Television in Their Bedroom (N=651)

Is there a television in your bedroom?

	Television in Bedroom, Percent
Total	62.4
Gender	
Male	59.9
Female	65.0
Age	
6-8	58.4 *
9-11	67.3
Ethnicity	
White	53.7
Black	68.2
Hispanic	63.4
Asian/Other	57.3
Parent Education	37.3
Less than High School	64.5
High School Graduate	65.4
Some College/Graduate	57.9
<u> </u>	57.9
Overweight Status	50.3
Not Overweight	39.3
Overweight/Obese	68.6
Fruits and Vegetables	
Met MyPlate (2½-5 cups)	58.7
Below Guideline	63.0
Physical Activity	
≥ 60 minutes	59.6
< 60 minutes	65.9
School Breakfast	
Yes	63.2
No	62.2
School Lunch	
Yes	60.0
No	64.3
Fast Food	
Yes	70.7
No	61.3
Nutrition Lesson	
Yes	63.7
No	62.1
No	62.1

Includes television in the child's bedroom or the room where they sleep.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

Source: California Department of Public Health, Nutrition Education and Obesity Prevention Branch: 2014.

^{*} p<.05

^{**} p<.01

^{***} p<.001